

Criteria Menu #15

Write a policy that provides both lunch and breakfast programs.



Definition: A policy must be written that provides for students to have the opportunity to eat both breakfast and lunch in the school dining area. All school foodservice directors should have the specific information they need to offer school breakfast. It can be found in the same group of binders as the school lunch information.

Rationale: There is a documented link between nutrition and learning.¹ Those students who are undernourished continually earn lower test scores. While the feeding of children is primarily a family responsibility, many students do not get adequate nutrition at home. This causes them to be distracted in the classroom and prevents them from performing at their highest level.^{2,3} Schools have the opportunity to promote healthy eating by providing consistent nutritious meals.

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services, *Nutrition and your health: Dietary Guidelines for Americans*, 1995
2. Minnesota Department of Children, Families, and Learning, *School Breakfast Programs, Energizing the Classroom: A Summary of the Three Year Study of the Universal School Breakfast Pilot Program in Minnesota Elementary Schools*, March 1998
3. Archives of Pediatric and Adolescent Medicine, *The relationship of school breakfast to psychosocial and academic functioning*, 1998

Resources

Utah State Office of Education

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Fit, Healthy, and Ready to Learn

E1, E17



Assignments

School Coordinator Assignments

- Determine school's current policy
- Determine changes that need to be made to comply with new policy
- Review new policy
- Find ways to enforce new policy
- Present new policy in faculty meeting

Mentor Assignments

- Write a policy, give draft to school coordinator and principal to review
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Submit final policy with the end-year report



Additional #15 Ideas

- Make sure parents are aware of the new policy
 - Send flyers home reminding parents that both breakfast and lunch are offered at your school
- Have a pajama day
 - Encourage students to eat breakfast at school and let them wear their pajamas to promote the event

Policy Checklist

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

The policy must include...

- ☐ Intent
 - "All students shall have the opportunity to receive breakfast and lunch at school."
- ☐ Rationale
 - Support for this policy
- ☐ Reinforcement
 - How this policy will be communicated to parents, faculty and staff, and other appropriate people
 - "This policy will be reviewed each year"



Sample Policy

Intent: All students shall have the opportunity to receive breakfast and lunch at school. If students cannot afford these meals they will be offered to them at a discounted rate.

Qualified, well-trained food personnel will serve breakfast and lunch in the cafeteria. Both meals will include healthy food choices that are appealing to students.

- Breakfast will be served from 7:30 am to 8:00 am.
- Lunch will be served from 11:15 am to 12:45 pm.

Rationale: There is a documented link between nutrition and learning.¹ Those students who are undernourished continually earn lower test scores. While the feeding of children is primarily a family responsibility, many students do not get adequate nutrition at home. This causes them to be distracted in the classroom and prevents them from performing at their highest level.^{2,3} Schools have the opportunity to promote healthy eating by providing consistent nutritious meals.

Reinforcement: This policy will be reviewed each year. Faculty will discuss this policy in faculty meeting. We will send a letter home with all students to inform their parents of this new policy. If necessary, new personnel will be hired to help provide breakfast.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature

Date

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services, *Nutrition and your health: Dietary Guidelines for Americans*, 1995
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